



# News Release

**For Immediate Release**  
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## California State Parks Begins New Year With First Day Hikes

*SACRAMENTO, Calif.*—This New Year's Day 2016, California State Parks will kick-off the 4<sup>th</sup> Annual First Day Hikes, planned at more than 40 parks across the state. The First Day Hikes are a signature event designed to offer visitors the opportunity to connect to their parks and nature for recreation, and to promote a healthy lifestyle throughout the year.

The events will all take place on Friday, January 1, 2016 with California State Parks offering more than 55 options to hike, paddle or off-road ride in the redwoods, the deserts and along the coast and on beaches. The First Day Hikes are guided by State Parks staff and volunteers. Distance and rigor will vary per hike/activity, so visitors are encouraged to check out details of start times and description of hikes.

This is the fourth year California has participated in the First Day Hikes program. Last year, there were nearly 1,000 hikes across the nation, with more than 41,000 visitors participating in all 50 states. California offered the most hikes in 2015 at 53 with participants hiking more than 4,900 miles.

Scheduled California State Parks 2016 First Day Hikes include (weather permitting):

### Butte County

- [Sutter Buttes State Park \(1 hike\)](#)

### Calaveras County

- [Calaveras Big Trees State Park \(1 hike\):](#)

### Humboldt County

- [Humboldt Lagoons State Park \(1 hike, 1 paddle\)](#)

### Kern County

- [Red Rock Canyon State Park \(1 hike\)](#)



## **Lake County**

- [Anderson Marsh State Historic Park \(2 hikes\)](#)

## **Los Angeles County**

- [Hungry Valley State Vehicle Recreation Area \(1 ride, 1 ride/hike\)](#)
- [Saddleback Butte State Park \(3 hikes\)](#)
- [Santa Susana Pass State Historic Park \(1 hike\)](#)

## **Marin County**

- [Angel Island State Park \(1 hike\)](#)
- [Mount Tamalpais State Park \(1 hike\)](#)

## **Mendocino County**

- [MacKerricher State Park \(1 hike\)](#)
- [Mendocino Headlands State Park \(1 hike\)](#)
- [Russian Gulch State Park \(1 hike\)](#)
- [Van Damme State Park/Spring Ranch Unit \(1 hike\)](#)

## **Orange County**

- [Crystal Cove State Park \(1 hike\)](#)

## **Riverside County**

- [California Citrus State Historic Park \(1 hike\)](#)
- [Lake Perris State Recreation Area \(1 hike\)](#)
- [Mount San Jacinto State Park \(1 hike\)](#)

## **Sacramento County**

- [Folsom Lake State Recreation Area \(1 hike\)](#)
- [Folsom Powerhouse State Historic Park \(1 hike\)](#)

## **San Diego County**

- [Anza-Borrego Desert State Park \(2 hikes\)](#)
- [Ocotillo Wells State Vehicle Recreation Area \(1 ride/event\)](#)
- [South Carlsbad State Beach \(1 hike\)](#)
- [Torrey Pines State Natural Preserve \(3 hikes\)](#)

## **San Luis Obispo County**

- [Oceano Dunes State Vehicle Recreation Area \(1 hike\)](#)

## **San Mateo County**

- [Año Nuevo State Park \(3 hikes\)](#)
- [Burleigh Murray Ranch State Park Property \(1 hike\)](#)
- [Gray Whale Cove State Beach \(1 hike\)](#)
- [Pescadero State Beach \(1 hike\)](#)



## **Santa Barbara County**

- [Carpinteria State Park \(1 hike\)](#)

## **Santa Cruz County**

- [Big Basin Redwoods State Park \(3 hikes\)](#)
- [Henry Cowell Redwoods State Park \(3 hikes\)](#)
- [Wilder Ranch State Park \(2 hikes\)](#)

## **Sonoma County**

- [Armstrong Redwoods State Natural Reserve \(1 hike\)](#)
- [Fort Ross State Historic Park \(1 hike\)](#)
- [Jack London State Historic Park \(1 hike\)](#)
- [Salt Point State Park \(1 hike\)](#)
- [Sonoma Coast State Park \(1 hike\)](#)
- [Sugarloaf Ridge State Park \(1 hike\)](#)

## **Tulare County**

- [Colonel Allensworth State Historic Park \(1 hike\)](#)

For a complete list and detailed information on the California State Parks First Day Hikes, go to the [First Day Hikes page](#) on California State Parks website or call (916) 654-7538.

Responsible for almost one-third of California's scenic coastline, the California State Park system includes 280 parks, beaches, trails, wildlife areas, open spaces, off-highway vehicle areas, and historic sites. It consists of approximately 1.59 million acres, including over 339 miles of coastline, 974 miles of lake, reservoir and river frontage, approximately 15,000 campsites and alternative camping facilities, and 4,456 miles of non-motorized trails.

State park units include parks, underwater preserves, and reserves; redwood, rhododendron, and wildlife reserves; state beaches, recreation areas, wilderness areas, and reservoirs; state historic parks, historic homes, Spanish era adobe buildings, including museums, visitor centers, cultural reserves; as well as lighthouses, ghost towns, waterslides, conference centers, and off-highway vehicle parks.

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## **About California's Drought**

*California has been dealing with the effects of drought. To learn about all the actions the state has taken to manage our water system and cope with the impacts of the drought, visit [Drought.CA.Gov](#).*

*Every Californian should take steps to conserve water at home, at work and even when recreating outdoors. Find out how at [SaveOurWater.com](#).*

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## **California State Parks Mission**



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3

*To provide for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation.*

